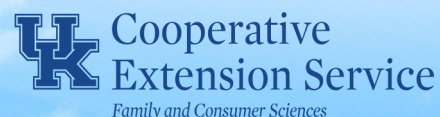


# ESTILL COUNTY EXTENSION

FAMILY AND CONSUMER SCIENCES



ESTILL COUNTY EXTENSION HOMEMAKERS

SEPTEMBER 2025



Hello,

I hope everyone is doing well.

We will be having an Extension Open House on September 9 from 4:00 to 7:00. We will have snacks and door prizes as well as some other things to give away. Join us to learn what the Estill County Extension Office can do for you.

School is starting back soon and one of the dangers school children face during this time is getting on and off the school bus. Talk to your child about school bus safety. Children should stand back away from the curb when waiting on the school bus, use the handrails, watch for dangling strings from their clothing or backpacks, make eye contact with the bus driver before crossing the street, and do not stand up when the bus is in motion. Drivers need to be aware during this time also. Drivers should follow speed limits and slow down around bus loading and unloading areas, watch for kids walking to and from the buses, slow down and stop when yellow or red lights are flashing.

<https://ukhealthcare.uky.edu/wellness-community/health-information/school-bus-safety>.

Have a great September and I hope to see you soon.

If you have any questions or program ideas, you may contact me at my e-mail [judy.vaughn@uky.edu](mailto:judy.vaughn@uky.edu) or by calling the Estill County Extension office at 606-723-4557.

A handwritten signature in cursive script that reads 'Judy Vaughn'.

Judy Vaughn, County Extension Agent  
for Family and Consumer Sciences

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Cooperative  
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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## Dates of Interest

- September 2nd—Not Your Mama's Homemaker Meeting at 5:00
- September 9th—Extension Open House
- September 15th—Bluegrass Homemaker Meeting in Bourbon County at 1:00
- September 23rd—Blackstone Cooking 4:00
- September 24th—Laugh and Learn, Estill County Library 10:30-11:30
- September 25th—Acts in Motion Homemaker Meeting at 6:00
- October 13th-17th—Homemaker Week
- October 17th—Bluegrass Extension Homemaker Annual Meeting, Scott Co.
- October 28th—Seasonal Cooking 11:00 a.m.
- October 28th—Stretching Your Dollar 4:00



Disabilities  
accommodated  
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University of Kentucky

**PLEASE JOIN US FOR AN ESTILL COUNTY EXTENSION**

# **OPEN HOUSE**

**Tuesday, September 9th**

**between 4 p.m. - 7 p.m.**

**76 Golden Court, Irvine, KY 40336**

**DURING THE EXTENSION OPEN HOUSE TAKE THE TIME  
TO LEARN ABOUT PROGRAM INFORMATION FOR OUR  
THREE AREAS OF EXTENSION:**

- **Family & Consumer Sciences**
- **4-H Youth Development**
- **Agriculture & Natural Resources**

Speak to the Agents from each area and talk to volunteers from various programs. Take this time to visit with 4-H Club leaders, Extension Homemaker leaders, our local Cattlemen's Association, Bee Association and more.

**Grab a snack and enter to win Door Prizes!**

*We look forward to speaking with you.*

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# Festive Hors d'oeuvres

Learn some fun and festive ways to entertain  
and feed your guest with Horsd'oeuvres.



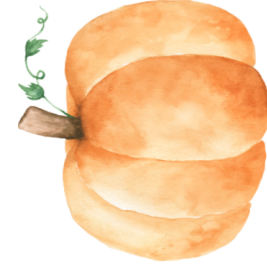
**When: October 7th**  
**Starting at 5:30 p.m.**

**This program will be held at the**  
**Estill County Extension Office**

**76 Golden Court**  
**Irvine, KY 40336**



**Call 606-723-4557 to sign up.**



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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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## HOMEMAKER NEWS



It is time to get the new Homemaker year started. October 12-15 is Homemaker kick-off week. The theme this year is "Discover KEHA—A Hidden Treasure". Homemaker meetings will be starting back this month. We will have something special on October 14th for kick –off week. The enrollment form is in this newsletter. We are having a Homemaker planning meeting on September 17th at 11:30. Lunch will be served and we will start planning for the new year. Our Bluegrass Area Meeting is on Oct. 17th in Scott County. We will be taking a van for anyone that wants to attend. We will leave the office at 8:00. Registration form is in this newsletter. Please return with payment by Sept. 26th.

The Bluegrass Area Homemakers are in charge of 2026 KEHA. We are having a planning meetings on Sept. 15th at 1:00 in Bourbon County. We will take a van and leaving the office at 11:30. Call me if you would like to attend.

Annual Homemaker dues for the upcoming 2026 year will be \$10.00 (\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation). Checks need to be made out to Estill County Extension Homemakers. Deadline for dues November 14, 2025.

Date: \_\_\_\_\_

## Enrollment Form for

\_\_\_\_\_ County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):      White      Black or African American  
                         Asian/Pacific Islander      American Indian      Hawaiian      Other

Ethnicity (Optional - circle one):      Hispanic      Non-Hispanic

Gender (Optional - circle one):      Female      Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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# Bluegrass Area Extension Homemakers Annual Meeting

**Highlighting Scott County and the rich history of Kentucky.**

**Guest Speaker: Kentucky Chautauqua's Aunt Molly Jackson**

*Feisty, Funny, and completely fearless, Aunt Molly Jackson lived for nearly 50 years in the coal camps of Southeastern Kentucky, where her father, brothers, husband, and sons were miners. In the camps, Aunt Molly delivered babies, nursed the sick, and wrote and sang songs about the miners lives.*

**Friday, October 17<sup>th</sup>**

**At the Scott County Extension Office**

**1130 Cincinnati Rd. Georgetown, KY 40324**

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4-H Youth Development  
Community and Economic Development

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# Best of the Bluegrass

## Menu:

Option 1:  
**Chicken Salad Sandwich**

Option 2:  
**Ham and Cheese Sandwich**

Option 3:  
**Veggie Sandwich**

Every meal comes with pasta salad, chips, and a cookie.

**Cost \$15.00**  
**Per Person**

## Please Join Us

**When:**  
Friday, October 17<sup>th</sup>

**Where:**  
The Scott County Extension Office  
1130 Cincinnati Rd.  
Georgetown, KY 40324

**Time:**  
9:30 AM Registration and Morning Refreshments  
10:00 Call to Order

**Registration Deadline:**  
**September 26, 2025**

For questions, contact Alivia Stevens at (502)863-0984 or [alivia.faris@uky.edu](mailto:alivia.faris@uky.edu)



*Bluegrass Area Extension Homemakers Annual Meeting Registration*

Complete and return by **September 26, 2025** to your County Extension Office with your check payable to Estill County Homemakers.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

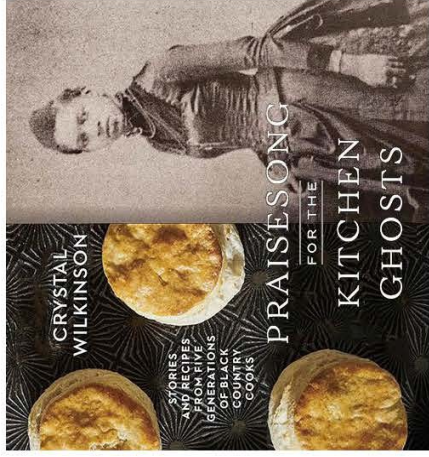
Email: \_\_\_\_\_ Club Name: \_\_\_\_\_

Mailbox member: \_\_\_\_\_ Guest: \_\_\_\_\_

Lunch Selection: ☐ Chicken Salad ☐ Ham and Cheese ☐ Vegetarian



## Big Blue Book Club News



Big Blue Book Club is back in its original format via

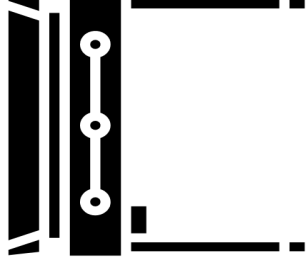
Zoom! Mark your calendars for **MONDAYS**, beginning October 27 through November 17, as we read Praisesong for the Kitchen Ghosts by Crystal Wilkinson.

We heard you when you asked for another Kentucky author. Crystal Wilkinson not only is from Kentucky, but she is a former Kentucky Poet Laureate. And we heard you when you asked for another "cookbook" storybook. This book is full of family recipes and family stories that just might resonate with your own.

"A keeper of her family's stories and treasured dishes, Crystal Wilkinson shares her inheritance in Praisesong for the Kitchen Ghosts. She found their stories in her apron pockets, floating inside the steam of hot mustard greens, and tucked into the sweet scent of clove and cinnamon in her kitchen. Part memoir, part cookbook, Praisesong for the Kitchen Ghosts weaves together those stories together with recipes, family photos, and a lyrical imagination to present a culinary portrait of a family that has lived and worked the earth of the mountains for over a century."

Registration for this series opens September 2, 2025, on the website, [ukfcs.net/BigBlueBookClub](https://ukfcs.net/BigBlueBookClub). As always, the first 200 registered participants will receive a free copy of the book.

# BLACKSTONE GRILLING



**WHEN: September 23,  
2025 at 4:00 p.m.**  
**WHERE: The Estill County  
Extension Office, 76  
Golden Court, Irvine**



This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!



**Call 607-723-4557 to sign up or if you have questions.**

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**ADULT**  
**HEALTH BULLETIN**

SEPTEMBER 2025

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Estill County  
Extension Office  
76 Golden Court  
Irvine, KY  
40336  
(606) 723-4557

**THIS MONTH'S TOPIC**  
LEARN HOW TO HELP:  
OPR SUICIDE PREVENTION TRAINING

**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution.

The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

**Continued on the next page** 

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## During QPR training,

**you'll learn how to see**

## warning signs of suicide,

## how to start talking

with someone who might

**be struggling, and how**

**to connect them**

**to life-saving help.**

 Continued from the previous page

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.



Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyspr.org](http://kyspr.org).

Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day,

7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

## REFERENCES:

- <https://988.ky.gov>
- <https://kvapv.ukhsc.org>

**Written by:** Katherine Jury,  
Extension Specialist for Family Health

Edited by: Alvysa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





**FAMILY CAREGIVER**  
**HEALTH BULLETIN**

SEPTEMBER 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Estill County  
Extension Office  
76 Golden Court  
Irvine, KY  
40336  
(606) 723-4557

**THIS MONTH'S TOPIC**  
FALL PREVENTION

**S**ept. 22-26 is Fall Prevention Awareness Week. This nationwide week reminds us that falls among older adults is a public health crisis. According to the Centers for Disease Control and Prevention, 1 in 4 older adults age 65 and older fall each year. Falls are the leading cause of serious injury. They include fractures and head trauma, as well as emergency room visits and even injury-related death. Falls impact independence and quality of life. They give rise to a fear of falling and can reduce active living as a result. Falls are also associated with significant financial burden and rises in health care costs.

It is important to talk about falls because they are preventable. Many groups, like the CDC have initiatives and evidence-based falls prevention programs to help address

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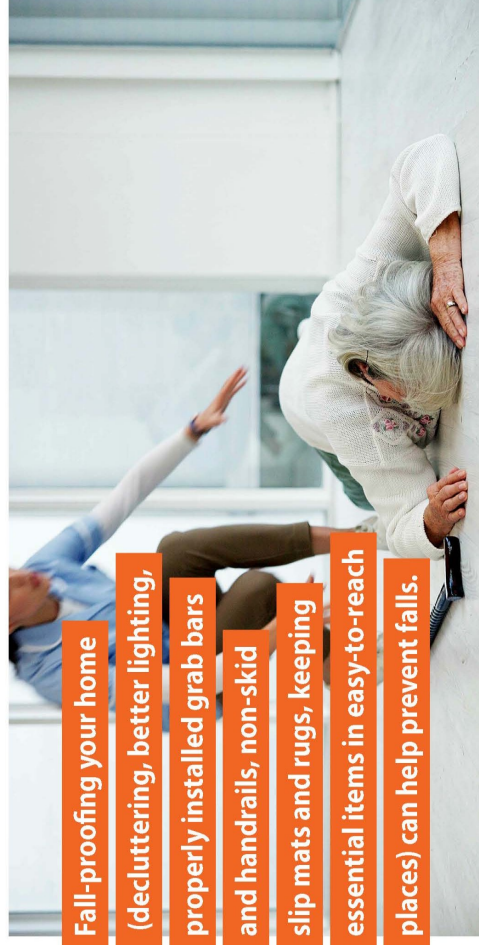
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fall risk and promote prevention. For example, STEADI (Stopping Elderly Accidents, Deaths and Injuries) is a national initiative aimed at preventing falls among community-dwelling adults 65 years and older, <https://www.cdc.gov/steadi>. Bingocize® is a 10-week workshop that combines the game of Bingo, exercise, and health education, including fall prevention. It can be played in-person or remotely. A Matter of Balance is an eight-week program that aims to reduce fear of falling and increase activity levels. CAPABLE (Community Aging in Place — Advancing Better Living for Elders) is a five-month program that uses occupational therapists, nurses, and handymen who provide home modifications. To explore a full list of evidence-based programs proven to help older adults reduce the risk of falling, go to the National Council on Aging at <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>. You can also call your local County Extension Office to see what they are doing to prevent falls in your community.

**Key strategies to help prevent falls, according to the Mayo Clinic and NIH include:**

- Regular physical activity
- Balance and strength training
- Fall-proofing your home (decluttering, better lighting, properly installed grab bars and handrails, non-skid slip mats and rugs, keeping essential items in easy-to-reach places)

- Medication management (review medications, understand side effects)
- Regular vision and hearing tests
- Wear sensible, properly fitting, sturdy, flat shoes with non-skid soles
- Stand up slowly
- Stay hydrated
- Eat a well-balanced diet and nutritious foods
- Limit alcohol consumption
- Stay active and engaged
- See a health-care provider regularly

## REFERENCES:

- CDC. (2024). Older Adult Fall Data. Retrieved July 15, 2025 from <https://www.cdc.gov/falls/data-research/index.html#~:text=Older%20adults%20fall,%20reported%20by%20>
- Mayo Clinic. (2024). Fall Prevention: Simple Tips to Prevent Falls. Retrieved July 15, 2025 from <https://www.mayoclinic.org/healthy-lifestyle/healthy-living/in-depth/fall-prevention/art-20073558~:text=Secure%20loose%20rugs%20with%20double%20thens%20showers%20or%20tub>
- National Council on Aging. (2023). Evidence-Based Falls Prevention Programs. Retrieved July 15, 2025 from <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>
- National Institute on Aging. (2022). Falls and Fractures in Older Adults: Causes and Prevention. Retrieved July 15, 2025 from <https://www.nia.nih.gov/health/falls-and-fractures-prevention/falls-and-fractures-older-adults-causes-and-prevention/>

**Written by:** Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

**Edited by:** Alyssa Simms

Designed by: Rustv Manseau

Stock images: Adobe Stock



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Irvine, KY 40336

RETURN SERVICE REQUESTED



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

**Directions: Combine** watermelon and tomatoes in a large bowl. **Sprinkle** with salt; toss to coat. Let stand 15 minutes. **Stir** in onion, vinegar, and oil. **Cover** and chill 2 hours. **Serve** chilled on lettuce leaves, if desired.

**Yield:** Makes 6, 1½ cup servings  
**Nutritional Analysis:** 100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.

## Watermelon Tomato Salad

**5 cups** seeded watermelon cubes (¾ inch)  
**3 cups** of cubed tomatoes (¾ inch)  
**¼ teaspoon** salt  
**1 small** red onion, quartered and thinly sliced  
**¼ cup** red wine vinegar  
**2 tablespoons** extra virgin olive oil  
**1 teaspoon** black pepper  
**6** lettuce leaves



For more Plate it up recipes visit  
<https://fcs-hes.ca.uky.edu/piukp-recipes>